

# Nature Outing (Wednesdays, 10 am.-4pm.) with Dennis Cashman

## Goals, Therapeutic Advantages, Eligibility, Guidelines, & Rules

**Goals:** *"Participants experience the wonders of Nature through hiking the beautiful trails surrounding the Bay Area."*

**Therapeutic advantages:** Respite, leisure, exercise, socialization.

### **Participant Eligibility:**

- I sign-up individuals on day of outing, starting at 10am, 1<sup>st</sup> come, 1<sup>st</sup> served- *as long as they meet eligibility **and** understand and agree to guidelines and rules.*
- Prospective participants need:
  1. to be members of GCC,
  2. have a current "membership form" on file in office,
  3. have a signed "therapeutic outing release" (with conservator signature, if conserved) on file in office.

➤ **Signature of Understanding of Eligibility: X**\_\_\_\_\_

### **Participant Guidelines:**

- ✓ In most cases, there are a maximum of 13 spaces available (11-12 spaces, if someone with walker/wheelchair attends.) This is to ensure that participants are comfortable in van during the drive.
- ✓ Outing leaves at 10:30 am. After signing-up, please be visible 10-15 minutes before departure or let me know if you are waiting by the van.
- ✓ **Please sign-up only if you are willing to walk!** Although people will have various levels of fitness, this is primarily a walking outing (not a sitting outing). If your feet hurt that day or you have a concern for the heat, destination, etc., please speak to me about it. If you decide to go, it is with the understanding that you are agreeable to terms for that outing. Let me know if there is any way I can accommodate you *before* outing.

### **Rules for Participation:**

1. Please no complaining without suggestions/ no griping/ no whining! Let our outing be a respite and be enjoyable to all!
2. Direct comments and suggestions are appreciated as long as they are respectful and within the scope of outing goals. Please be discreet.
3. You must stay with the group. No wandering.
4. Wear walking shoes and outerwear (jackets, hats, etc.) appropriate to the weather.
5. Refreshments will be provided. Please bring own if you have a concern with what is provided.
6. No rides home. Please do not ask.
7. Rules of GCC also apply on outing.

**Signature of Understanding and Agreement to Guidelines & Rules:**

**X**\_\_\_\_\_